



BBQ Pork and Pepper Stew

with Rice and Cheese

Quick 20 Minutes • Mild Spice • 2 of your 5 a day

14



Basmati Rice



Green Pepper



Pork Mince



Central American Style Spice Mix



Garlic Clove



Mature Cheddar Cheese



Tomato Passata



Chicken Stock Paste



BBQ Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you choose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, frying pan, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Pepper**	1	1½	2
Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
BBQ Sauce	32g	48g	64g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	462g	100g	462g	100g
Energy (kJ/kcal)	3185/761	690/165	2959/707	641/153
Fat (g)	33.4	7.2	26.8	5.8
Sat. Fat (g)	13.4	2.9	12.1	2.6
Carbohydrate (g)	79.1	17.1	78.9	17.1
Sugars (g)	12.9	2.8	12.7	2.7
Protein (g)	36.7	8.0	40.0	8.7
Salt (g)	2.55	0.55	2.55	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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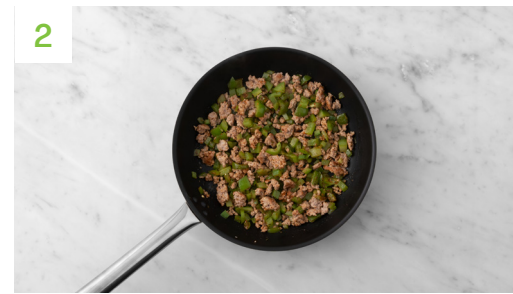
Get Started

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Stew Time

- Add the **garlic** to the **mince** and cook for 1 min more.
- Stir through the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Simmer until the **sauce** has thickened slightly, 3-4 mins.



Get Frying

- Meanwhile, halve the **green pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince**, **Central American style spice mix** and **sliced pepper**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Flavour Town

- Stir the **BBQ sauce** through the **mince** and cook until thickened and warmed through, 1-2 mins.
- Taste and season with **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it's a little too thick.
- Fluff up the **rice** with a fork.



Finish the Prep

- While the **mince** cooks, peel and grate the **garlic** (or use a garlic press).
- Grate the **Cheddar cheese**.
- Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Serve Up

- When everything's ready, share the **rice** between your serving bowls.
- Top with the **BBQ pork stew**.
- Scatter over the **cheese** to finish.

Enjoy!